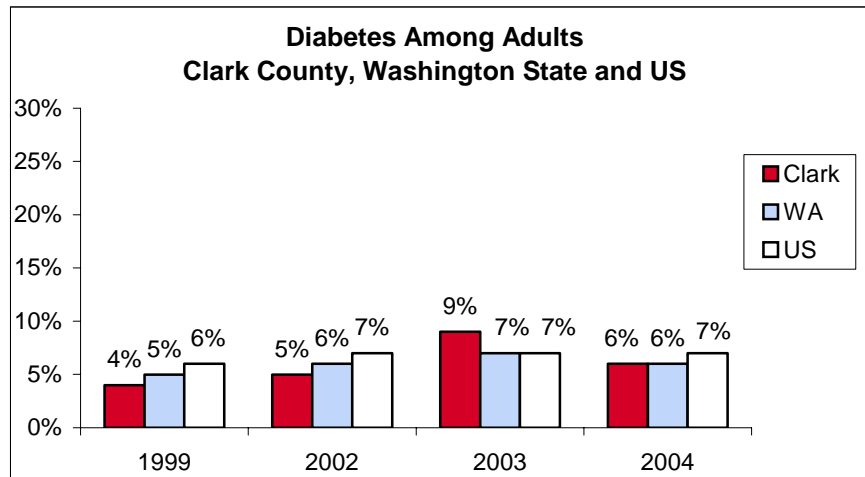


# CLARK COUNTY ADULTS AND YOUTH PREVALENCE OF DIABETES

Diabetes is one of the most costly and burdensome chronic diseases of our time and is increasing in epidemic proportions. Diabetes is a disease that affects the way the body produces or uses insulin. There are four different types of diabetes, the most common among Americans are type 2 (non-insulin dependent) and pre-diabetes. Both type 2 and pre-diabetes can be prevented or delayed with lifestyle modifications, specifically moderate weight loss and increased physical activity.<sup>1,2</sup>

## Prevalence of Diabetes - Adults

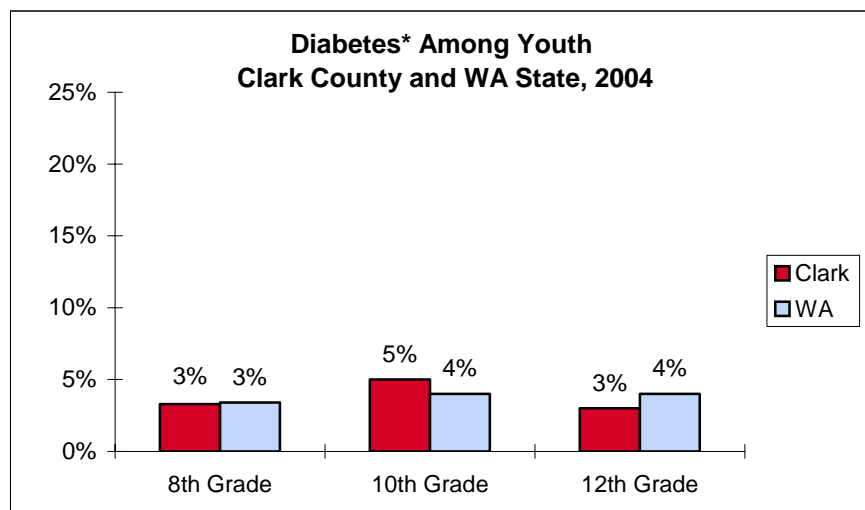
Diabetes among adults is defined as having been told by a health professional that you have diabetes. Less than one in ten adults in Clark County has diabetes. In 2003, diabetes among adults in Clark County was at a high of nine percent.<sup>3</sup>



Source: Clark County, Washington State and United States, BRFSS.

## Prevalence of Diabetes - Youth

Diabetes among youth is defined as having been told by a health professional that you have diabetes. One out of twenty (5%) tenth graders in Clark County reported having diabetes in 2004.<sup>4</sup>



\*Percent of students told by a health professional that they have diabetes

Source: WA State Healthy Youth Survey 2004 Results, March 2005

## References:

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3. Washington State Department of Health, Center for Health Statistics, Washington State Behavioral Risk Factor Surveillance System Coordinator. (2005). [unpublished data].
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5. National Center for Chronic Disease Prevention and Health Promotion. *Behavioral Risk Factor Surveillance System*. Data retrieved September 2005 from various pages accessed through <http://apps.nccd.cdc.gov/brfss/>.



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